

ABSTRACT OF THE DISCLOSURE

The invention provides a composition and a method for lowering blood serum cholesterol levels or for preventing elevated blood serum cholesterol levels, as well as suitable composition comprising (a) one or more phytosterols and/or phytostanols or a mixture thereof capable of reducing cholesterol absorption in the intestine, (b) a composition capable of inhibiting cholesterol biosynthesis, and (c) a composition capable of increasing cholesterol metabolism, wherein at least one of compositions b. and c. is preferably derived from plants.

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